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Mounties in standoff with suspect

STEWIACKE The RCMP's emergency response team was in the Stewiacke area yesterday trying to resolve a lengthy standoff with a man suspected of shooting at a man's vehicle as he drove down a rural road.

Colchester County RCMP received a call at 7:20 a.m. yesterday from a woman who said someone shot at her husband's vehicle.

Police responded and found the victim's vehicle had been hit by a shot. The victim was not injured.

The suspect, a 44-year-old Jameson Road resident, was still held up in his residence late last night according media reports.

TRURO DAILY NEWS

Health pg 13

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News on the Move

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Paris Style



A model displays a creation by British fashion designer Stella McCartney for her Ready to Wear spring/summer 2010 fashion collection, presented yesterday in Paris.

Lahey's bills his own: Church

Bishop must pay for legal defence himself

The Roman Catholic archbishop of Halifax says the church will not pay the legal costs of a bishop charged with possession of child pornography.

Archbishop Anthony Mancini says Bishop Raymond Lahey, the former bishop of the diocese of Antigonish, has not asked for any financial help and won't receive any if he asks for it.

Each diocese has its own protocols when it comes to legal matters.

"If that request were made, it would be declined by the diocese," Mancini said in a statement yesterday after church

officials met with lawyers.

Lahey was recently charged in Ottawa with importing and possessing child pornography.

On Sunday, Mancini distributed a letter that called on parishioners to understand that priests are people and should be entitled to forgiveness.

As well yesterday, the Roman Catholic Church said an allegation made two decades ago against Lahey was passed on to the archbishop of St. John's, N.L., at the time.

In a statement released yesterday, Archbishop Martin Currie of St. John's says a review shows Rev. Kevin Molloy did have a conversation with Shane Earle about what he asserts he saw when he was a teenager in

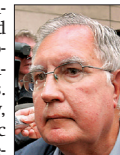
the home of Lahey, who was a priest in the 1980s in the St. John's area.

The statement says Molloy informed the archbishop of St. John's at the time, Alphonsus Penney, what Earle had told him. But it does not say what action, if any, was taken by the archdiocese.

During a public inquiry into abuse at Mount Cashel in October 1989, Earle — a former resident of the orphanage — testified he saw something in Lahey's home as a teenager in 1985 that disturbed him.

Earle has told the CBC he saw child pornography, but in an interview Molloy says Earle told him in the late 1980s only that he saw pornography.

THE CANADIAN PRESS



Raymond Lahey

Talks with college union stall

PAUL MCLEOD
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TEACHERS Negotiations have broken off with the province as the union representing the Nova Scotia Community College faculty and support staff will meet to decide a strike date later this week.

Executive members of the Nova Scotia Teachers Union are expected to gather Thursday to pick when the 930 workers in a legal

strike position at NSCC will walk off the job. They add they will give students some warning time before it happens.

Union president Alexis Allen sent out a news release yesterday slamming the province for shirking its responsibility. She said a strike is imminent at this point.

"We came in on Friday (for negotiations) and we weren't offered anything more than we were offered in April," Allen proclaimed

in an interview to Metro.

She believes Education Minister Marilyn More is trying to use this negotiation as a benchmark to lower future contracts.

The province is due to negotiate 45 contracts for 22,000 employees by the end of March. It's also running a large deficit this year.

The NSTU is seeking at least a 2.9 per cent increase this year and next year, which would put them on par with public school teachers.

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Local



Layton drops by 22 Minutes

Federal NDP Leader Jack Layton will be behind the news desk for tonight's episode of 22 Minutes on CBC at 8:30 p.m. Layton was in Halifax recently, where the show is produced and filmed, and he will discuss the latest developments of Canadian politics in the episode. He'll be joined on the desk by show regulars Mark Critch, Gavin Crawford, Geri Hall, Cathy Jones and special guest Kathleen Phillips. Halifax Film, a DHM Media Company, produces 22 Minutes in association with CBC Television.

METRO HALIFAX



Collision sends bus driver to hospital

BURNSIDE A collision between a tractor trailer and a Metro Transit bus sent a 52-year-old bus driver to hospital with non-life-threatening injuries yesterday morning.

Halifax Regional Police say the collision occurred in the Burnside Industrial Park at about 7 a.m. No passengers were on the bus at the time of the accident.

Police say the driver of the truck failed to stop at a stop sign at the intersection of MacDonald and Ilsley avenues. The truck struck the side of the bus, pushing it off the road.

The driver of the truck has been ticketed for failing to halt at a stop sign.

METRO HALIFAX

Teens nabbed after school found sprayed with graffiti

CRIME The writing is on the wall for three Halifax teenagers — graffiti is a crime.

Halifax Regional Police say officers noticed three female teens, two 14 and one 13, smelling of spray paint during a routine check of the area around Ecole LeMarchant St. Thomas School on Watt Street in Halifax.

Police say a further investigation revealed the school had been freshly tagged, and the youths were arrested and released to their parents.

METRO HALIFAX

Pursuing greener transportation

HRM launches survey to find ways to encourage sustainable travel

ALEX BOUTILIER
for Metro Halifax

The Halifax Regional Municipality is using a new survey to find ways to encourage residents to use sustainable transportation — or to discourage them from driving their cars.

David McCusker, manager of strategic transportation planning with HRM, said the Sustainable Transportation Survey, launched by the municipality yesterday, is an attempt to gauge public opinion on different incentives to promote taking the bus or riding a bicycle.

"We're ... intending to consider methods of encouraging people away from car transportation towards other modes," McCusker said. "It's a question of how aggressive we get, whether we continue to encourage people to take other modes or we actively discourage them from choosing to drive."

The survey asks commuters 20 questions concerning their habits and modes of transportation — such as how often they use



A passenger boards a MetroLink bus near Scotia Square yesterday. The Halifax Regional Municipality has launched an online survey to get opinions about sustainable transportation.

public transit, bike or walk, rather than drive personal vehicles.

The survey also asks participants how they would like to see increased public transportation and infrastruc-

ture paid for, including increased bridge tolls and higher downtown parking fees.

McCusker said he is hopeful people will be receptive to increased tolls

or fees if it means increasing sustainable transit options in the city.

"It's hard to know what people are going to think, I don't really have a good gauge of that ... That's part

Survey online

- The Sustainable Transportation Survey will be available online at halifax.ca/tdm until Oct. 16.

of why we ask, I guess, because we don't know," he said.

The results of the survey will be taken into consideration for the development of the city's Transportation Master Plan, as well as used to make recommendations to Halifax regional council as to how to proceed with sustainable transportation in the municipality.

"(The survey) is really just a way to gauge public interest ... and that information is provided to council as we bring decisions forward for them to approve," McCusker said.

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Wage increase reduced for 1,800 government workers

PAUL MCLEOD
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LABOUR About 1,800 non-unionized government employees learned yesterday their raises this year would be cut by two-thirds.

It's the latest sign the province is in for a messy year of salary negotiations with employees as it tries to cut costs.

Provincial government



"We wish we could do more. We have to make tough choices now or we'll have no choices left at all."

Deputy Premier Frank Corbett

managers and support staff were expecting to get about a 2.9 per cent wage increase, but learned yesterday they will only receive one per cent this year

and next through a new pay structure.

The province is moving the employees over to a new classification plan from the current one,

which the government says is over 25 years old and outdated.

A "very small number" of employees will see an increase of more than one per cent.

Deputy Premier Frank Corbett said in a release yesterday it was a necessary step to fight down the province's \$592-million deficit.

"We wish we could do more," Corbett said. "We

have to make tough choices now or we'll have no choices left at all."

The move comes as talks with the Nova Scotia Teachers Union broke down and a strike by Nova Scotia Community College faculty and professional support staff appears imminent.

The province has dozens of other labour contracts up for negotiation by the end of the fiscal year.

3 charged, several tickets issued after off-highway vehicle patrols

PHILIP CROUCHER
philip.croucher@metronews.ca

CRIME The Halifax RCMP and Department of Natural Resources were kept busy over the weekend by patrols of off-highway vehicles, with several charges laid and a number of ATVs seized.

The most noteworthy incident

came Saturday at 5:20 p.m., when police say three ATV drivers attempted to flee from a checkpoint at Old Halifax Road in Glen Haven, with two ATVs striking ones driven by the RCMP. Police say a 25-year-old male drove his ATV toward an officer, almost striking him when he requested him to stop. The driver was eventually

stopped and arrested, police say.

One suspect is facing several charges, including assault with a weapon (ATV), flight from police, resisting arrest and possession of marijuana for the purpose of trafficking.

Police say they also seized 3.5 kilograms of fresh-cut marijuana from the three suspects.

Two other males aged 46 and 50 were arrested without incident, police say.

The 50-year-old is facing charges including flight from police, assault with a weapon (ATV) and possession of marijuana for the purpose of trafficking. The 46-year-old is facing charges of flight from police and possession of marijuana for the purpose of

trafficking.

All three have been released and will appear in court at a later date.

Besides this incident, police say weekend patrols of off-highway vehicles resulted in six tickets being issued under the Off-Highway Motor Vehicle Act and three tickets under the Liquor Control Act. A total of four ATVs were seized.

metronews.ca

What's online today.

SpinDoctor: Our new blogger Gord McIntosh has worked as a journalist and now as a private political consultant. He cuts through the noise on the Hill at metronews.ca/blogs

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Eighteen new students have been awarded scholarships for energy-related studies through the Pengrowth-Nova Scotia Energy Scholarship Program. Twelve university students are each getting \$10,000 over four years, and six Nova Scotia Community College students are receiving \$2,500 non-renewable scholarships. **METRO HALIFAX**

Youths, adult face charges in dumpster fire

PICOTU COUNTY A fire and a foot chase in Picot County have led to the arrest of five youths and a young adult.

Police and fire crews responded to a call early Sunday morning about a dumpster fire near a business in Thorburn.

RCMP say the suspects were seen fleeing the scene into a wooded area.

They were arrested after officers gave chase and searched the area for close to an hour.

Charges are pending under the Criminal Code and provincial Liquor Control Act. **THE CANADIAN PRESS**



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Point Pleasant Autumn ensemble



A woman walks her dog through the sunshine and early fall colours in Point Pleasant Park yesterday afternoon.

School mental health program unveiled

Early care helps young: Doctor

PAUL MCLEOD
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A new mental health curriculum for school children starting in early elementary was unveiled yesterday.

It's part of a growing trend of increased attention to mental health issues in the hopes of fixing problems early in life.

"When young people receive the care that they need very early on they do quite well," said IWK Health Centre mental health expert Dr. Stanley Kutcher.

The school program varies by age group but discusses issues from autism and ADHD to bullying and anxiety.

For younger children much of the focus is discussing mental health and their own feelings, and teaching them what's healthy and when warning signs come up.

"In daily life they face situations that maybe the average kid faces and maybe they don't. But this way they have tools," said Portland Estates Elementary School

One in five

• Dr. Stanley Kutcher said only one in five children who need mental health support are currently getting it.

teacher Mamoon Brace.

Education Minister Marilyn More went to Portland Estates yesterday to see some of the exercises first hand.

Afterwards she talked about the need for more mental health services in the province. There have been positive steps in recent years, such as increased awareness and the introduction of a mental health court.

But just last week various mental health advocates staged an event calling for more funding and a comprehensive strategy.

"We have to put more resources into mental health services," agreed More. "It's going to be a struggle because of the economic times that we're living in. But for the health of Nova Scotian families we have to ensure that the necessary supports are there."

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Emergency staffers take part in disaster exercise

Flu Outbreak

As Nova Scotia prepares for a possible second round of swine flu outbreak, health officials are about to embark on a big training exercise.

The Disaster and Extreme Event Preparedness (DEEP) Conference has been two years in the planning. More than 200 emergency management staffers from across the province, from first responders to hospital vice-presidents, will take part in the three-day event.

The conference will focus on psychological needs in disaster situations with the goal of ensuring all involved receive the supports they need to cope effectively.

The conference will be

Three-day event

• The DEEP Conference begins today and runs through Thursday at the Sea King Club in Shearwater.

made up of presentations. Topics include how hospitals must plan for patient spikes during disasters, preparation for emergency workers and how to provide safety for disaster responders.

Deputy health minister Kevin McNamara said in a press release, "This three-day event will enhance our province's ability to respond to the anticipated second wave of the H1N1 influenza pandemic and any future disaster or emergency events."

PAUL MCLEOD/METRO HALIFAX

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CBS to be thankful for blood donations

The Canadian Blood Services is urging people to give blood for Thanksgiving, and for each person who does on Thursday and Friday, Pete's will donate one non-perishable food item to Feed Nova Scotia. The CBS is open Thursday from 11 a.m. to 7 p.m. and Friday from 9 a.m. to 2 p.m. **METRO HALIFAX**

Fairview smooth — for now

Overpass free of construction congestion until work starts mid-week

ALEX BOUTILIER
for Metro Halifax

While traffic along the Fairview overpass yesterday morning was far from the nightmare many anticipated, commuters should not get used to an easy drive.

Preparatory work for a six-month, \$5-million overhaul of the inbound overpass began yesterday, but did not interrupt the early morning rush into the city because of rain.

Traffic on the overpass seemed relatively light for a Monday morning, with cars being delayed only by the traffic lights.

The afternoon rush was a similar scene, with traffic flowing freely and construction crews nowhere in sight around 4 p.m.

The scene was so normal that Lisa Fasciani, an account manager for Coca Cola, didn't realize construction was set to begin as she waited in her car at



Commuters drive over the Fairview overpass during the morning rush hour yesterday. Long delays are expected as major work begins on the overpass this week and will last for about six months.

a stoplight on the Lady Hammonds Road.

"I didn't know there was construction starting today," said Fasciani, who said she often takes the overpass into the city, but will be considering another route.

Another commuter, Romi Foley, said she was aware that construction was set to begin yesterday. "We were concerned in the morning ... but we heard that the construction had

not yet started," said Foley, who commutes from Hammonds Plains.

But the blissful absence of jackhammers will not last.

According to Patricia Jriege, a spokesperson for

the Transportation Department, lane painting is set to begin today, and the actual construction work will start to take place by mid-week.

Up to three lanes will remain open to traffic, but the province is warning motorists to expect delays on the route, and to consider alternative routes and different modes of transportation.

The warnings seemed to have worked — so well, in fact, that yesterday commuters ended up in traffic jams along those alternate routes. Halifax Regional Police spokeswoman Theresa Rath said that traffic was very heavy on the Magazine Hill towards Dartmouth.

Magazine Hill is one possible alternate route, along with Highway 102, for commuters travelling into the city from the Bedford-Sackville area, although Rath could not say whether there was a direct correlation.

Man charged in ATV shooting

INJURIES RCMP in south-western Nova Scotia say a man is facing charges after the driver of an ATV was shot over the weekend.

Michael Goulden, 49, of Carleton Place is charged with assault with a weapon, assault causing bodily harm, careless use of a firearm and pointing a firearm.

Police say the 28-year-old driver of the ATV was shot in the back with a 12-gauge shotgun. Police say two ATVs were being driven recklessly when a man fired two rounds from a gun. The victim was taken to hospital and released.

THE CANADIAN PRESS

News in brief

SHELLFISH BAN The impact of heavy rain on a Nova Scotia wastewater treatment plant has led to another shellfish ban. Officials have closed the Annapolis basin from just west of Clementsport to an area near Victoria Beach, including the Digby Gut, citing a rise in bacteria. The ban includes oysters, clams, mussels and quahogs.

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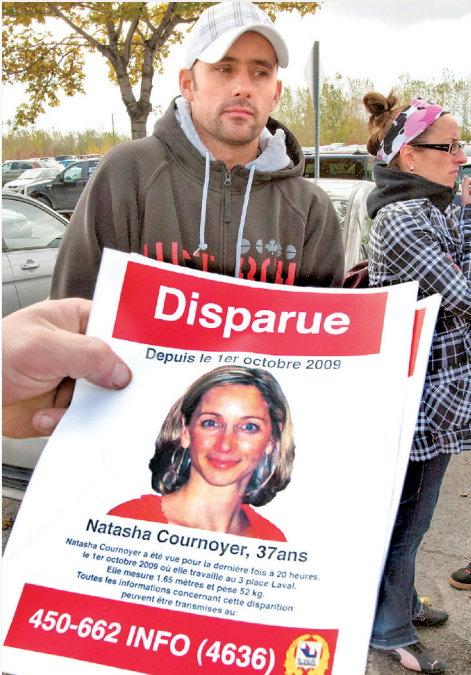
The head of the CBC has declared an end to a round of job cuts at the public broadcaster, saying yesterday that his network won't lay off more than the 800 people cut from its English- and French-language services earlier this year. **THE CANADIAN PRESS**

Canada

NDP backs random breathalyzers

The opposition New Democrats say they'd support efforts to craft a new law to curb impaired driving by giving police the power to conduct random breathalyzer tests. The group Mothers Against Drunk Driving says the federal government is considering such tests. The House of Commons justice committee recommended in June that the law be changed to allow for random testing of drivers, regardless of whether police suspect they have been drinking. **THE CANADIAN PRESS**

Quebec Missing woman



Michel Trottier, boyfriend of Natasha Cournoyer, who disappeared Thursday evening after work, stands near the command post set up to search for the missing Corrections Canada worker, yesterday in Laval, Que. Trottier and Cournoyer's family worry that she may have been abducted.

Torture probe not over: MacKay

Chair not given term extension for Afghan investigation

Defence Minister Peter MacKay says an investigation into alleged Afghan prison torture by a watchdog agency will continue, even though the chair of the military police complaints commission will be moving on.

MacKay also turned aside calls to grant Peter Tinsley a special extension to his term.

The Tory government notified Tinsley last month his position will not be renewed when it expires on Dec. 11 — a decision that's prompted concern the investigation into alleged torture of

Afghan prisoners will be sidelined.

Appointed by the Liberals four years ago, Tinsley told MacKay in July he was interested in staying on, saying "important" tasks and issues had yet to be resolved.

But MacKay told the House of Commons yesterday that other commissioners will be able to continue Tinsley's probe and that a search for a new chair is underway.

A spokeswoman for the commission, which will

resume public hearings tomorrow, said it's unlikely the agency will be able to issue a final report into what Canadian military police knew about the allegations before the chair leaves.

MacKay dismissed protests from the Liberals and New Democrats, who claim the Conservatives are deliberately trying to sabotage the investigation.

"The decision not to reappoint Mr. Tinsley is clearly politically motivated and (it) undermines

the credibility of all arm's-length agencies," said New Democrat defence critic Jack Harris.

He demanded the chair be at least granted an extension to finish the Afghan investigation.

MacKay refused.

THE CANADIAN PRESS



Peter MacKay

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Zoo officials baffled by intruder

TIGER Calgary Zoo officials say they don't know why a man scaled one of two fences around the Siberian tiger exhibit where he was attacked by one of the big cats and badly injured.

Zoo spokesman Grahame Newton says the incident, which happened in the dead of night, has left staff wondering what the man was thinking.

"It wouldn't be something I would try," Newton told reporters at a news conference yesterday.

"I don't think any reasonable person would want to get that close to a potentially dangerous carnivore."

"I don't think any reasonable person would want to get that close to a potentially dangerous carnivore."

Grahame Newton, Calgary Zoo spokesman

They are behind those enclosures for good reason and most definitely I would have to wonder what was going through a person's mind to do something like that."

Newton said two men, both 27, broke into the zoo at around 1 a.m. by scaling the 212-metre-high main fence that is topped with barbed wire. They then went to the tiger exhibit.

Newton said one man climbed the outer safety fence around the enclosure. The tiger, a two-year-old male named Vitali, hooked the man with a claw and pulled the man's arm through the inner fence.

The second man called a security person he knew for help. His arm was also injured, but he initially refused treatment.

THE CANADIAN PRESS

Jury set for trial of Quebec mom

MURDER A jury has been selected at the trial of a Quebec woman charged with killing her three children.

Seven men and five women have been chosen to determine whether Cathie Gauthier is guilty of first-degree murder in the deaths of 12-year-old Joelle, seven-year-old Marc-Ange and four-year-old Louis-Philippe.

Crown prosecutor Sonia Rouleau says the children all had their arms crossed when they were found last January in a bed in the family residence in Saguenay, about 250 kilometres north of Quebec City.

Rouleau wants to show that Gauthier went to a pharmacy a few days before the deaths to buy drugs that were found in the victims' bodies.

The trial is expected to last between two and three weeks.

THE CANADIAN PRESS

Firearms fee waiver worth \$15M

REGISTRY The Conservative government is relinquishing millions of dollars in gun registry and licensing fees at a time when the government is running record budget deficits, CBC

News Online reports. Documents show the federal government's decision to waive fees for people licensing their firearms will cost more than \$15 million this year. **METRO NEWS SERVICES**

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*HPV = Human Papillomavirus

Hopes of economic recovery start to dim

BUSINESS Is the optimism about the economic recovery already waning?

Stunningly poor economic results in the past week — and lack of progress over the weekend at the G7 finance ministers meeting — have cast a shadow over the long-term sustainability of the economic recovery and even whether the next few months will be as rosy as hoped.

Talk of a strong V-bounce this year with growth rates of four, five and even six per cent has gone silent since Canada reported last week that the economy stalled in July and the U.S. reported los-

ing an outsized 263,000 jobs in September.

Finance Minister Jim Flaherty predicts that unemployment in Canada is likely to remain high until next year and the G7 summit communiqué warned, yet again, that labour markets remain troubled and the recovery "fragile."

Policy-makers have been more cautious than many private sector economists for months, but there now is a growing sense there were sound reasons beyond politics for their restraint.

The next big number is Friday's employment data for Canada.

THE CANADIAN PRESS

News in brief

JAIL RIOT Manitoba's attorney general says a riot at an overcrowded provincial jail can be partly blamed on a lax federal law that gives inmates double credit for time served while they wait for sentencing. The riot, which lasted several hours Sunday, took place at the Brandon Correctional Centre, where about 50 inmates are currently kept in a gym. **THE CANADIAN PRESS**

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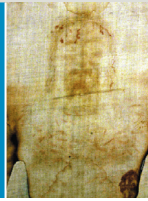
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*Based on consumer evaluation results achieved at the end of the day.

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The search for survivors under the debris of thousands of buildings toppled by earthquakes in Indonesia last week has been called off. The death toll from last Wednesday's tremor in Sumatra is expected to rise once the missing are accounted for. The UN has said 1,100 people died. **THE ASSOCIATED PRESS**

World



Group says Shroud of Turin a fake

A group of Italian debunkers is claiming it has proved that the Shroud of Turin — revered as the cloth that covered Jesus in the tomb — was man-made. The Italian Committee for Checking Claims on the Paranormal said yesterday that scientists have reproduced the shroud using materials and methods that were available in the 14th century. The group said in a statement this is further evidence the shroud is a medieval forgery. In 1988, scientists used radiocarbon dating to determine it was made in the 13th or 14th century. **THE ASSOCIATED PRESS**

Court rejects diocese request

CONNECTICUT The U.S. Supreme Court refused yesterday to block the release of documents generated by lawsuits against priests in the state of Connecticut for alleged sexual abuse. The justices turned down a request by the Roman Catholic diocese in Bridgeport. Several newspapers are seeking the release of more than 12,000 pages from 23 lawsuits against six priests. The records have been under seal since the diocese settled the cases in 2001. Courts in Connecticut have ruled that the papers should be made public.

The decision ends a legal battle that dragged on for years and could shed light on how retired New York Cardinal Edward Egan handled the allegations when he was Bridgeport bishop. It's unclear when the documents will be released.

THE ASSOCIATED PRESS

Virginity kit 'illicit'

Egyptian lawmakers decry device to fool husbands

Conservative Egyptian lawmakers have called for a ban on imports of a Chinese-made kit meant to help women fake their virginity and one scholar has even called for the "exile" of anyone who imports or uses it.

The Artificial Virginity Hymen kit, distributed by the Chinese company Gigimo, costs about \$30. It is intended to help newly married women fool their husbands into believing they

Veils off

• An Egyptian paper reports the country's top Muslim cleric plans to ban female students from wearing the face veil from schools run by al-Azhar, Sunni Islam's most prestigious institute of learning.

are virgins — culturally important in a conservative Middle East where sex before marriage can be considered illicit. The product leaks a blood-like substance when inserted and broken.

Egyptian religious scholar Abdel Moati Bayoumi said anyone who imports the device should be punished. "This product encourages illicit sexual relations. Islamic culture forbids these relations except within the con-

finer of marriage."

In a region where premarital sex is so taboo it can even lead to a woman's murder, the debate over the virginity-faking kit has revived Egypt's struggle to reconcile modern mores with traditional beliefs — namely, that a woman is not a virgin unless she bleeds after the first time.

"Bleeding is not the only signal ... she's a virgin," said Heba Kotb, an observant Muslim woman who hosts a sex talk show on TV in which she fields calls from all over the Middle East.

Kotb noted a medical procedure that reattaches a broken hymen is illegal in Egypt. But many women still secretly seek it in fear of punishment for premarital sex. **THE ASSOCIATED PRESS**

Belgium Milk price crisis



A farmer waves a French and European Union flag during a demonstration in front of the EU headquarters in Brussels yesterday. Hundreds of dairy farmers drove tractors into Belgium's capital to push for EU farm ministers for more funds to survive a milk price crisis.

News in brief

PAKISTAN The Pakistani Taliban's leader vowed to retaliate against U.S. and Pakistani drone attacks along the Afghan

border yesterday. Hakimullah Mehsud also ended any speculation that he had been killed.

THE ASSOCIATED PRESS

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Women share a Nobel first

MEDICINE Americans Elizabeth Blackburn, Carol Greider and Jack Szostak won the 2009 Nobel Prize in medicine yesterday for discovering a key mechanism in the genetic operations of cells, an insight that has inspired new lines of research into cancer. It was the first time two women — Blackburn and Greider — have been among the winners of the medicine prize. The trio solved the mystery of how chromosomes protect



Blackburn and Greider

themselves from degrading when cells divide. Their work, done 30 years ago, set the stage for research suggesting that cancer cells use telomerase to sustain growth. **THE ASSOCIATED PRESS**

Magazine to ban pro models

FASHION Germany's most popular women's magazine announced yesterday that it is banning professional models from its pages in favour of "real women" to combat an unhealthy standard of beauty that it says has isolated readers. Andreas Lebert, editor-in-chief of Brigitte, said the magazine will feature a mix of prominent women and regular readers.

THE ASSOCIATED PRESS

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IWK Health Centre
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Bloggers required to report payments

The Federal Trade Commission will require bloggers to clearly disclose any freebies or payments they get from companies for reviewing their products. **THE ASSOCIATED PRESS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Look to IT sector for future jobs: Survey

Industry could create 84,000 Canadian jobs in four years

The future for highly skilled job growth in Canada is in the information technology sector, according to a new survey, though experts doubt the permanence of such jobs.

The country's IT industry could grow by as much as 84,000 jobs and around 1,000 new businesses over the next four years to 2013, says a survey-commissioned by Microsoft Corp. and conducted by global research firm IDC.

"Sometimes people think IT is something that reduces jobs," said Microsoft Canada Co. president Eric Gales.

"But in absolute terms it actually is a net generator of both jobs as well as new companies."

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The survey, which analyzed the IT sector in 52 countries — including Canada, the U.S., U.K., Turkey, China and Greece — predicted global growth in the industry to be around 5.8 million new jobs.

There would also be an estimated 75,000 new businesses globally, the survey said.

However, David Livingstone, a professor who

heads the Centre for the Study of Education and Work at the University of Toronto, warned the IT sector is not a definite fix for recessionary job loss and the dramatic, historic restructuring of North American work.

"Large numbers of these (IT) jobs are very contingent, very temporary, very precarious jobs," he said. "It's a very volatile sector, it's not like its going to be necessarily providing stable jobs like the blue collar jobs of the past."

Although Livingstone does not dispute the survey's projections, he said the numbers need to be seen in context of job growth and elimination in other sectors.

TORSTAR NEWS SERVICE

Cambodia Jobs unravelling



Cambodian garment factory workers travel together on a motorbike cart to get home from work. Yesterday, the government said that the global recession forced the closure of 77 garment factories in Cambodia in the first nine months of 2009, throwing more than 30,000 people out of work.

Spin Master staying strong through recession

TOYS As the toy industry struggles through the recession, privately owned Spin Master continues to demonstrate its golden touch in developing a line-up of must-have toys.

Rather than rely on associations with blockbuster movie licences, the Toronto-based giant has consistently come up with new ideas that have transformed it into North America's third-largest toy firm and a growing children's entertainment company.

Spin Master's latest creation, the Liv doll, has just hit store shelves and is already competing with Barbie for the affection of young girls. Developed after years of studying the doll market, Liv can strike many movements and has exchangeable wigs.

Big sales

• Spin Master's annual sales are said to exceed \$750 million US a year with 750 employees around the world.

Business in brief

ECONOMY CIBC says small is better for Canadian businesses coping with turbulent economic times. A report from the bank says small and medium-sized firms appear to have survived the recession much better than their larger rivals, with relatively few bankruptcies.

ENERGY A stalemate in TransAlta Corp.'s battle to take over green energy producer Canadian Hydro Developers Inc. appears to have finally ended, with the two Calgary-based firms reaching a tentative agreement on a \$755-million deal. **THE CANADIAN PRESS**

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Comment

Prime minister hitting a high note

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Canadian politics has seen many iconic moments, times when the prime minister shocked the flock. How about Jean Chrétien, in dark shades, looking like a

mafia don, taking a protest by the scruff of the neck and heaving him aside?

How about Pierre the bannister-slider Trudeau and the infamous fuddle-duddle outburst wherein he told the members of the opposition to go forth and multiply?

Or Brian Mulroney taking to the stage with Ronald Reagan for a rousing rendition of When Irish Eyes Are Smiling?

These moments were all in keeping with the character of the perpetrator.

Chrétien, a streetfighter, Mulroney, a ham, etc...

What made Stephen Harper's piano and song act Saturday night more astonishing was that it was so unlike Stephen Harper. He was seen to be a philistine, the guy who turned up his nose at chi-chi galas. His image as a brooding chess player, a leader bereft of mirth and spontaneity, was what held him back. Canadians didn't want to give a majority government to someone, no matter how competent, they did not

like, could not warm to.

For years everyone has been telling Mr. Harper, "For God's sakes, lighten up." He's been well aware of the personality issue. On policy he adroitly moved his government to the moderate middle, finding a comfort zone with Canadians. On personality he knew he still had a lot of work to do.

The blue-sweater commercials in the last election campaign served to soften his image somewhat. But he soon reverted to old

form. It was like he couldn't help himself, couldn't quite tame his antagonistic instincts. He needed something to jolt the image. Enter his wife, the sprightly Laureen. Hats off to her. She was the brains behind the caper at the gala.

No doubt he has changed a lot of perceptions with his gutsy performance. This clip will be shown on every Harper hi-lite reel from here to eternity. Any time someone tries to suggest this guy's a creep they'll get this image thrown back at

them.

His career has seen many surprise moments — his bringing Liberal David Emerson into his cabinet, his stunning Quebec nation gambit, his entirely bizarre budget update of last fall.

But none beats this one. He still has a ways to go before he works his way into the people's hearts. But for the first time, he's within striking range.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

The new workplace is not for the elderly

ModernLife

Georgie Binks

metronews.ca/modernlife

As a freelancer sequestered in my basement for the past 12 years, the outside work world has been looking increasingly attractive. The lure of paid vacations, workplace gossip and seeing what other people are eating for lunch is strong. Until last night, I envisioned returning to a job where people my age

would be joking about downsizing and vacations. I'm not sure where those people are — retirement homes, dead or golfing?

At a work-related event earlier this week, I stumbled upon the horrifying fact I was the oldest person in the room. Scanning for some sign of oldness — grey hair, no hair, wrinkles, I encountered only flawless skin and full heads of hair. I soon discovered not only did they have jobs, they'd landed the good ones — ones I'd envisioned myself lolling about in. Initially I asked them about their work, vacations, condos (that's where

cool, young managers live) but quickly slid into my Mike Wallace grilling mode. "I bet I'm your Mom's age, right?"

Not quite. Two fabulous-looking women, an editor and a business manager, informed me their moms were 49 and 52. Oops — I'm even older.

When I buttonhole an arts editor about writing a story about a punk band making a comeback, he doesn't recall their name. "How old were you 30 years ago?" I snap. "Two." He looks sheepish.

I may still get young men taking a second look, but the big question is,

will they take a second look at my resumé when they notice they were born the same year I started my sixth job? I call my old friends, and I mean old. "Is it all kids at your workplace, now?"

One, a manager, sighs, "I try to hire old people."

Another admits, "I feel like I'm their Mom."

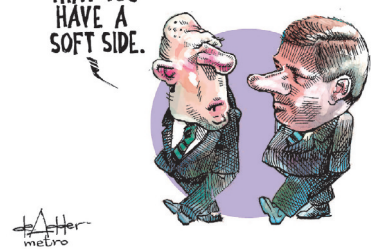
It feels like the new Melrose Place, with all those young kids. Thank God, Heather Locklear's coming back to run the show. I pray life will imitate art.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

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METRO NEWS SERVICES

business 11

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

When less is more

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

If you want to get on the fast track to uncontrollable debt, the easiest way to do it is not by ramping up your spending but by falling into the practice of paying only the minimum on your credit card each month.

Those minimums can seem like a bit of a gift in the beginning. Gee, I get to use all this money and only pay back a tiny part of it every month!

Not so fast. Typically minimum payments are be-

tween 1.5 and 2.5 per cent of your balance. Say you owe \$5,000 on a credit card with a 19.5 per cent interest rate. The minimum payment at two per cent is \$100. If you keep paying the minimum, after 25 years you will still owe \$1,600 and will have forked over a staggering \$14,673 in interest — nearly triple the amount you borrowed in the first place.

Take a look at the monthly math. Of the first \$100, \$81.25 goes to interest while only \$18.75 is applied to your principal. So you still owe \$4981.25 after one payment.

The kicker is that these calculations assume you charge nothing further during this

period. How many people are able to put away their credit card for 25 years?

There is some hope here. Double the monthly payment in the example to \$200 and it will only take you 33 months to pay off the \$5,000 with an interest cost of \$1468. Much better.

The extra \$100 has such a huge impact on the payout because it is applied directly to the balance. Of the \$200, \$81.25 goes to interest, with \$118.75 applied to the balance.

Ratchet up your monthly payments to \$300 and you cut the payout period to 20 months with the interest only \$878.

The moral of the story: never pay only the minimum on your balance and upping the payment by even a small amount monthly will go a long way to getting the debt gone.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



- Paying the minimum on your credit cards is the financial equivalent of locking yourself in a straightjacket and throwing away the key.



MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q I purchased a condo three years ago as an investment. The closing is next month. I plan to sell the condo soon after closing. Last week, my lawyer informed me that I would have to pay additional GST on closing. I am a little confused.

— Michael

A Recent numbers indicate the Canadian real estate market is on the upswing, with price going up and number of sales increasing, much to the surprise of many industry experts. But for this trend to continue, our southern neighbour has to

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Buying for investment

show more positive signs of an economic recovery. This may not be soon, as the unemployment rate in the U.S. approaches 10 per cent, home foreclosures continue but have slowed, and debt reaches historical proportions. Can higher taxes be far behind for the U.S. and Canada?

With the help of a good lawyer, most new home purchases close without a hitch. On closing, generally owner-occupied home buyers have no further GST concerns. Financing arrangements are made based on purchase price and closing cost.

However, new home purchases for investment can

be confusing for a novice. The same GST rules do not apply for investors. On closing, the purchase price must be re-calculated and the buyer usually pays additional GST. Prepare to pay a few thousand dollars extra on closing.

The investor has to do some tax follow up:

- The investor has two years after closing to apply for the GST rental rebate or lose it.
- Claim GST transitional rebate, if applicable.
- Report capital gain for the year property was sold. Fifty per cent is taxable.
- Check for capital losses in prior years.
- Report rental income when filing tax returns.

Make sure you speak to a qualified expert who deals regularly with these transactions.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

On the web

Investing:

Allan Small discusses how the unemployment rate in the U.S. and Canada is an opportunity to buy into the markets. Visit metronews.ca/investing.



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Robert Kiyosaki will not attend this workshop.

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Former Dalhousie Tigers star Jordan Morrison has signed with the East Coast Hockey League's Florida Everblades. Morrison was an ECHL all-rookie selection last season with 74 points in 63 games with the Wheeling Nailers. **METRO HALIFAX**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



Torre ties playoff record

When the Los Angeles Dodgers clinched the National League West title this season, manager Joe Torre, left, tied Bobby Cox's record of 14 straight playoff appearances by a manager. Torre reached the playoffs 12 consecutive times with the New York Yankees and now twice in two years with the Dodgers.

METRO NEWS SERVICES

Venturing into the unknown

Dunbrack head into Jubilee Trophy with just 3 players who've been before

MATTHEW WUEST
matthew.wuest@metronews.ca

Halifax Dunbrack hopes a little experience goes a long way at the Canadian senior women's soccer championship.

Dunbrack, which upset defending national champion Halifax City in the Nova Scotia Soccer League Premiership final in August, opens the Jubilee Trophy tomorrow in Saskatoon with just three players who have been there before.

Former Halifax Athens standouts Leanne Huck, Melanie Clarke and Julie Lawrence will be leaned on heavily.

"I think (the younger players) are going to be excited and eager to play," said Dunbrack head coach Jack Hutchison. "If they get that first game



Halifax City's Katie Prowse, left, collides with Halifax Dunbrack's Leanne Huck during August's provincial final. Both teams are competing at nationals this week in Saskatoon.

under their belt, they're just going to ride the wave of emotion. The vet-

eran girls have been there and won it and they'll be able to keep the team to-

gether."

Dunbrack is ranked No. 1 as it follows in the footsteps of City's big win last year.

City is also at the tournament courtesy of an extra berth after several teams dropped out.

Conveniently enough, the two teams meet on opening day. While City will no doubt be gunning to get some revenge on Dunbrack, Hutchison said it's a blessing for his troops.

"You're familiar with them, you're not too worried about (an unknown team) and you're not getting overwhelmed with the nationals side of it," Hutchison said.

Helping Hutchison's cause is the fact that some of his key players come from the Atlantic University Sport ranks, including Dalhousie's Tere-

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sa Morrison, Kate MacDonald and Jeanette Huck and St. Francis Xavier's Eugenia Renderos.

"They're going to be a lot fitter now than they were when they played their last game (at provincials)," he said.

On the men's side, City heads to its sixth national tournament in seven years. Despite its local dominance, the club has never won a medal or finished higher than fourth. They open the Challenge Cup against the Avondale (P.E.I.) Islanders.

Jays' Hill honoured for comeback

This is part of the reason why it's so easy to think highly of Toronto Blue Jays second baseman Aaron Hill.

Asked which of the many career-high numbers established in 2009 he's most proud of, the American League winner of baseball's Comeback Player of the Year Award struggles for an answer and then shows no signs of complacency.

"I think the coolest one is the (36) home runs," Hill said during a conference call. "I feel like I can get better in all categories, I'm not



"I feel like I can get better in all categories, I'm not going to cut myself short there."

Aaron Hill

going to cut myself short there."

Blue Jays fans would be more than happy if the 27-year-old simply repeated his phenomenal 2009, during which he set new personal bests with 36 home runs, 108 RBIs, 195 hits and 103 runs.

Doing it after missing all but 55 games in 2008 because of a concussion and related after-effects earned him the prize announced yesterday, while St. Louis Cardinals ace Chris Carpenter bagged the National League award.

THE CANADIAN PRESS

All-Canadian tilt starts Saturday

SOCCER The First Division series final between the United Soccer League's Montreal Impact and Vancouver Whitecaps will commence Saturday at Swangard Stadium in Vancouver.

The two-leg aggregate goal series shifts to Montreal for the decisive final match Oct. 17 at Saputo Stadium. The Impact advanced to the final for the first time since 2004 by eliminating the Puerto Rico Islanders 4-2 on total goals.

THE CANADIAN PRESS

Sports in brief

OLYMPICS The International Olympic committee may bar countries from hosting the Olympics, starting with the winter games of 2018, if the countries don't have laws that empower police to raid and investigate people suspected of helping athletes to use performance enhancing drugs.

SOCCER Saudi Arabian property magnate Ali Al-Faraj was close to finalizing a deal to buy Portsmouth yesterday and can immediately take over after being approved as an owner by the Premier League.

FENCING Ottawa's Sherraine Schalm pushed her opponent to overtime before settling for a silver medal yesterday at the world fencing championships in Turkey. Lubov Shutova of Russia won gold.

GOLF Matt Kuchar won the Turning Stone Resort Championship golf event yesterday on the sixth hole of a sudden-death playoff. Kuchar improved to 2-0 in playoffs and won the top prize of \$1.08 US, boosting his earnings for the year over \$2 million.

METRO NEWS SERVICES

NFL Favre faces Packers



Minnesota quarterback Brett Favre reacts after Adrian Peterson rushed for a touchdown against Green Bay last night. For a complete recap, visit metronews.ca/sports

but Windsor, the frontrunner, dropped out late in the process. Lachance said the only factor working against Dartmouth is the fact that some provinces might have budgeted to travel to Ontario and wouldn't be able to afford a longer flight.

"Especially the Western provinces," Lachance said. "That might be a challenge for them. It's the only thing."

Lachance, who attended nationals in Dartmouth, said Baseball Canada was "pleased" with Dry's job as host. Dartmouth didn't make the playoffs at nationals but has already clinched a spot at the 2010 tournament after sweeping the Halifax Pelham Canadians in the provincial final.

MATTHEW WUEST
/METRO HALIFAX

Sports in brief

QMJHL QMJHL Former Halifax Mooseheads defenceman Luciano Lomanno has signed with the Quad City Mallards of the International Hockey League. He spent last season in one of Italy's secondary professional leagues, recording 71 points in 34 games with SV Renon and HC Gardena.

METRO HALIFAX

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Celebrity indiscretions are none of our business

The J Spot

Josey Vogels

metronews.ca/thejspot

That the audience reacted with applause and laughter to David Letterman's recent confessions of infidelity would indicate that cheating is not only expected but acceptable, especially among the rich, famous and powerful.

In fact, it's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt.

This is a good thing. Not because I condone cheating. In fact, c'mon David, affairs with female employees half your age? Really? But frankly, it's none of my business. Or any of ours.

And the more we realize this, the better off we'll be. If the North American public becomes increasingly nonchalant about the indiscretions of our celebrities and politicians, we can spend our energy focusing on stuff that really matters, like, oh, I don't know, saving the planet? Ending world hunger?

We should probably thank Bill Clinton. It seems to me that before Bill, Moni-

ca and "the blue dress," we hardly ever saw news stories about the private lives of our public figures. And it's not as if Bill Clinton invented infidelity. Celebrities and politicians have been cheating throughout history.

But, for some reason, the Clinton/Lewinsky affair really set us off and opened up the debate. It got the whole country talking about cultural attitudes when it comes to public figures and their personal affairs. There were endless debates over whether his private sexual affairs should have had any bearing on his ability to run a country.

"It's getting to the point that it's more shocking if you're famous or a politician and you don't have a sex scandal or two under your belt."

The Bill and Monica media frenzy ushered in a new era of digging into the private affairs of our public figures. In the last few years, it seemed you couldn't turn over a politician or a celebrity without finding a sex scandal buried underneath. But, with each new scandal, public reaction is increasingly more shoulder shrug than shock.

The less the public cares, the less the media cares. And the less the media cares, the greater the chance we'll get to read about something more useful to the world than what is written in Stephanie Birkitt's diary.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Get in gear

Check out some of the latest in fitness attire and accessories

METRO NEWS SERVICE



Hills Pullover great for interval training or race day runs (\$99). Visit lululemon.com.



The Empower Crop pant for running. Made with four-way stretch power for "no bounce" muscle support and quick drying capabilities (\$86). Visit lululemon.com.



Part of the Lace Up for the Cure program. Visit newbalance.com/laceup

New Balance Pink Ribbon Shoe (exclusive to Canada). Available at Running Room stores across Canada.



Right: A nonslip sock for yoga and Pilates that gives you the toe-wiggling freedom (\$19). Bottles: Aluminum water bottle two-pack (\$19.98, available in November). Visit gaiam.com.



Cool Racerback made with mesh for maximum ventilation (\$39). Visit lululemon.com.



The Nike+ SportBand gives runners real-time performance feedback on their distance, pace, time and calories burned (\$79.95). Visit nikebiz.com.

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Toss pasta with grated Parmesan cheese, butter and fresh herbs, then add a splash of white wine. The wine will give a pleasant acidity to balance the other flavours. Onions can be caramelized in a bit of butter, red wine, salt and pepper, then used as a topping for pizza. **THE CANADIAN PRESS**

Food

If you want to get creative with your bird this Thanksgiving, visit TurkeyFarmersOfCanada.ca and click on Recipes on the main page.



Lots to savour

You'll find tips for a traditional turkey roast and stuffing but also for infusions and rubs, deep-fried turkey, turkey scallopini and many ideas for leftovers.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Tender sirloin, kiwi ice

Broiled Sirloin

MAKES 10 PIECES

INGREDIENTS:

- 3 lbs (1.5 kg) sirloin or round steak (about 1 in./1.5 cm thick)
- 1 medium onion, chopped
- 1/2 cup (125 ml) lemon juice
- 1/4 cup (50 ml) vegetable oil
- 1 tsp (5 ml) garlic salt
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (2 ml) celery salt
- 1/2 tsp (2 ml) pepper
- 2 tbsp (25 ml) butter, melted

METHOD:

1. With meat fork, pierce holes in both sides of steak. Place in large reseal-



Broiled Sirloin

able plastic bag. Combine onion, lemon juice, oil, garlic salt, thyme, oregano, celery salt and pepper; pour over meat. Seal bag and turn to coat; refrigerate at least 1 hour, but preferably 6 hours or overnight.

2. Drain and discard marinade. Broil steak 6 in. (15 cm) from heat 8 minutes. Brush with butter and turn. Broil 6 minutes longer or until meat reaches desired doneness (for medium-rare, meat ther-

момeter should read 145 F/63 C; medium, 160 F/71 C; well-done, 170 F/77 C). Use leftovers for lunches or cut into salad the next day.

Kiwi Ice

SERVES 8

INGREDIENTS:

- 2 cups (500 ml) unsweetened apple juice
- 1 tbsp (15 ml) lemon juice
- 4 medium kiwi fruit, peeled and sliced
- Sugar substitute equal to 6 tsp (30 ml) sugar
- 1/2 tsp (2 ml) grated orange peel
- Sliced orange and additional kiwi fruit, optional

METHOD:

1. In blender, combine

juices and kiwi; cover and process just until smooth. Add sugar substitute and orange peel. Pour mixture into an ungreased 8-in. (20 cm) square dish.

2. Cover and freeze 1-1/2 to 2 hours or until partially set. Spoon into large mixing bowl; beat on medium speed 1-1/2 minutes. Return to pan; freeze 2-3 hours or until firm.

3. Let stand 10 minutes before serving. Spoon into small bowls; garnish with orange and additional kiwi if desired.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Thanks-sipping

Not only is Thanksgiving an excellent wine pairing holiday, it gives me a chance to reflect on the many good things in my life (health, happiness, tickets to Chris Botti in New York this December) while my wife cooks dinner.

Now before all you ladies start with the emails, trust me, if I were cooking the turkey, the only thing we'd be thankful for is an available table at a nearby restaurant. My job is to choose the booze,

and in that regard, you may be surprised to learn that the big bird can be pretty accommodating.

I favour a lightly oaked New World white like **Lindemans' 2007 Bin 65 Chardonnay (\$10.95 - \$12.99)** from Australia. It's consistently good, with up-front fruit and a buttery flow that will massage the meat and work with the eclectic mix of side dishes.

In reds, something fruity and balanced like New Zealand's **2008 Kim Crawford Marlborough Pinot Noir (\$19.95 - \$24.99)** will more than hold its own at your family feast. A mid-priced Chianti from Italy's Tuscany region would be an inspired alternative.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Holy \$#!*

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transat
HOLIDAYS

Maritime Travel

Performing at the CMA Awards

Taylor Swift, Kenny Chesney, Carrie Underwood, Brad Paisley and Keith Urban will be among the performers at the 43rd Annual CMA Awards show, it has been announced. PEOPLE.COM

15

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

**Big proposal**

Sex and the City star Chris Noth and his longtime girlfriend, actress Tara Wilson, are engaged, Entertainment Tonight Canada is reporting.

PEOPLE.COM

Anvil scores a hit

Metal band finally finds success after years of obscurity

KEITH CARMAN
for Metro Canada



There's a rags-to-riches story permeating North American cinemas. Unlike typical films of such a nature though, this one doesn't involve princesses or evil step-mothers. This one isn't even fiction.

It's the factual story of two Toronto-based men and the commitment to their band — heavy metal outfit Anvil. Initially garnering success in the early-'80s and becoming a household name, over the years, a series of career missteps saw guitarist/vocalist Steve "Lips" Kudlow and drummer Robb Reiner slip from heroes to forgotten soldiers. Still, they refused to stop, releasing album after album and gigging constantly thanks to a pact they made as teenage boys: Never give up.

Surprisingly, that mentality has done them a great service after decades of nothing. One Anvil fan by the name of Sacha Gervasi grew up and became a Hollywood mogul, siring Ginger Spice's child and co-writing The Terminal with Tom Hanks. On a whim, he looked up his old buddies.

The end result was a feature film, Anvil! The Story Of Anvil, which has created a whirlwind of praise, publicity and promotion, making Kudlow, Reiner and bassist Glenn Five a powerful force once again. In essence, Anvil is back. Kudlow, 52, reels at having



Anvil will appear on The Tonight Show with Conan O'Brien tonight.

Anvil on DVD

- Anvil! The Story of Anvil is now available on DVD.



his lifelong dream come true.

"My whole life has been fighting for something," he notes with humility. "We've always been known to a certain level and occasionally someone comes up to say, 'Hey, you're the guys from Anvil,' but now it's ridiculous. Six weeks ago, I could have gone to New York and no one would have known who I am. Now, anywhere I go, everyone knows who I

am. That is really weird."

To top it all off, their previously ignored 13th studio effort This Is Thirteen finally received a proper worldwide release via VH1 Classic Records and the band — once struggling for gigs in outer Etobicoke — will have the honour of appearing on The Tonight Show with Conan O'Brien tonight, coinciding with Anvil! The Story Of Anvil's DVD release. Yet despite years of hardship, Kudlow refuses to see this fortune as deserved.

"It's just a celebration for having stuck to our guns over all those years; like I've been working for decades and never got paid but I'm finally getting my bank book," he declares with inspiring humility.

Letterman apologizes to wife, staff for behaving 'horribly'

APOLOGY David Letterman apologized to his wife on Monday's Late Show, saying she had been "horribly hurt by my behaviour."

The late-night host vowed to repair his relationship with his wife, Regina Lasko.

"Let me tell you folks, I got my work cut out for me," said Letterman, according to an early transcript of the program released by CBS.

Monday's show was the first Letterman taped since Thursday, when he disclosed that he had had sexual relationships with women who worked for him, and that he had been the victim of an alleged \$2 million US blackmail threat.

Letterman also apologized to his staff for the situation.

"Inadvertently, I just

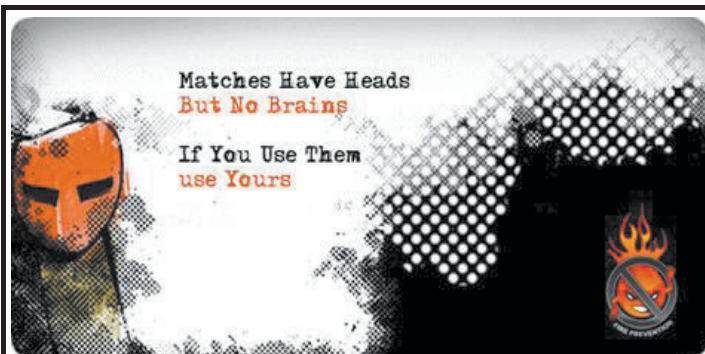
wasn't thinking ahead," Letterman said. "My thanks to the staff for, once again, putting up with something stupid I've gotten myself involved in."

Audience members who attended the taping Monday at the Ed Sullivan Theater said Letterman spoke frequently throughout the program about the events. He also joked about the situation with guests Steve Martin and Martin Short.

"He's not running away from it," said Brian Lakari, from Green Bay, Wis., who attended the taping with his wife, Kelly. "He brought it into the show several times."

It is unclear how many women Letterman had sex with, and he has offered no specifics.

THE ASSOCIATED PRESS



Halifax Regional Fire & Emergency's 2009 Fire Prevention Week theme is aimed at reducing the number of fires associated with, or caused by, the inappropriate use of matches & lighters.

Residents of HRM who use matches & lighters need to take responsibility for them. Matches and lighters are tools, and should be respected as such. With children in the home, most of us are very careful not to leave dangerous tools lying around where children could find them and cause themselves harm. Yet, statistics show that this same practice is not being extended to safety with matches & lighters even though we know that matches & lighters, in the wrong hands, can be even more dangerous.

Respect for fire should be passed down from parents to children—generation to generation. Teaching youth to respect fire, and to be extremely cautious when using matches & lighters, should be a high priority in any home where youth reside. Please... "Practice Fire Safety" in your home.

For additional information, and to view our "Matchstick Video", please visit www.halifax.ca/fireprevention

Fire Prevention Week
October 4th - 10th, 2009



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Go to metronews.ca or kool965fm.ca to register your choice for this month's category:

Metro's Kooolest Pie!

One lucky player will win a prize pack valued at over \$100!



Lindsay Lohan couldn't help but get emotional after debuting her first collection with designers Emanuel Ungaro at Paris Fashion Week on Sunday. The actress appeared to be crying as she clung to head designer Estrella Archs during their post-show bow. **POPEATER.COM**

Travolta case continues

A jury yesterday watched a hidden-camera videotape of negotiations between a lawyer for John Travolta and a former Bahamas senator accused of trying to blackmail the movie star.

The tape shows politician Pleasant Bridgewater telling Travolta's lawyer

that a paramedic who treated the actor's son wants at least \$20 million US as payment to not release a private document to the media. Bridgewater and ambulance driver Tari-no Lightbourne have pleaded not guilty to extortion charges at the trial that began Sept. 21.

Lightbourne came to Travolta's vacation home on Grand Bahama island when the actor's 16-year-old son Jett suffered a seizure on Jan. 2. He later allegedly threatened to make public a release that Travolta signed to have Jett taken directly to the airport. **THE ASSOCIATED PRESS**

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A walk in Lynn Valley harleyd6996, Canada

DVD picks

The Wizard of Oz: 70th Anniversary Ultimate Collector's Edition

Director: Victor Fleming

IS IT POSSIBLE to say "overkill" and "must have" in the same breath?

It is if you're talking about The Wizard of Oz, the immortal film classic that continues to shine brighter than the yellow brick road — especially in the Blu-ray version, one of several options available for Oz fans.

Is it necessary to have the hours of supplementary material, including two early silent Oz films, reprints of archival booklets and press materials and historical back-grounders? No, but it's a great way to while away a Sunday afternoon or three.

Do Dorothy, Tin Man, Scarecrow, Cowardly Lion (and Toto, too!) look better with their latest digital scrubbing? Yes and no — the film is brighter and more colourful than ever, but you'll likely notice the grain, especially in the sepia-toned early section. You really can't go

wrong though, especially if you're thinking of this set as a present for an upcoming event that even the Wicked Witch wouldn't dare name this early.



Year One

Director: Harold Ramis

IN THEORY, teaming human apostrophe Jack Black with man-child Cera as reluctant prehistoric heroes seems like a grand idea. As Neandernumskulls Zed (Black) and Oh (Cera), they make for an amusing couple of buddies in bad (old) times, clinging to companionship after be-

ing exiled from their tribe.

They are lumbered by a script that seems to have drawn inspiration from Mike Myers' 2008 turkey The Love Guru, with its penile obsessions and lame religion-themed plot.

There are so many leaps of logic — how could anyone walk from prehistoric times to biblical times? — you wonder if producer Judd Apatow got a rental deal on leftover movie sets.

Ramis, who has Ghostbusters and Caddyshack in his "win" column, co-wrote the screenplay with Gene Stupnitsky and Lee Eisenberg of TV's The Office.

Their mirth meters need a tune-up.

They make Black's Zed blustery and accident-prone and Cera's Oh timid and nerdy, just as we've seen them too many times.

Extras include deleted, extended and alternate scenes, commentary by Ramis, Black and Cera, and a making-of featurette.

Peter Howell/for Metro Canada

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Jason Derulo - Whatcha Say

David Guetta Ft Akon - Sexy Chick

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/6/09	31	31	31	ABC	News Center 5	ABC World News	Inside Edition	Chronicle	Shark Tank (N)	Dancing With the Stars	the forgotten	
	7	7	7	ASN	The Road to Avonlea	Degrassi: TNG	TMZ (N)	Monk	So You Think You Can Dance	Dancing-Stars		
	11	11	11	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)	CBC News: The National	The Hour	
	2	2	2	CBC-F	Pyramide (SC)	La force	Virginie (SC)	La Factice	Providence (N) (SC)	Aveux "Eaux troubles" (SC)	Le Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS: The Inside Man	NCIS: Los Angeles (N)	The Good Wife	
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	TVA nouvelles	
	6	6	6	CHIF	Entertainment	ET Canada	The Good Wife "Home"	NCIS: The Inside Man	NCIS: Los Angeles (N)	News Final (N)	News Final (N)	
	9	9	9	CJCH	etalk	Hollywood	So You Think You Can Dance Canada	Top 8 (N)	Law & Order: SVU	Community Matters	CTV News	
	10	10	10	ELTV	(6) EastLink Magazine			Podium TV	Heil's Kitchen (N)	So You Think You Can Dance	Fox First	
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	The Biggest Loser (N)	Jay Leno Show	fifth estate	
news	12	12	12	NBC	News (N)	NBC News	Hollywood Extra (N)	CBC News: Tonight (N)	CBC News: The National	CBC News: The National	Buffalo News	
	29	29	29	NW	World News	Business	Greater Boston	La Plaza-Maria	Nova "Darwin's Darkest Hour" (HDTV) (N) (DVS)	Nova "Darwin's Darkest Hour" (HDTV) (N) (DVS)	Living-Fragile	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova "Darwin's Darkest Hour" (HDTV) (N) (DVS)	La Verité choc	Pratique privée (N) (SC)	Wipe Out	
	68	68	68	TQS	Guerre clans	Wipe Out	Bienvenue	Rire et délire	After Hours	Market Call	Squeeze Play	
	23	96	96	BNN	Business News	Headline	Market Call Tonight	Lou Dobbs Tonight	Campbell Brown (N)	Larry King Live (N)	Cooper 360	
	18	18	18	CNN	Situation Room-Wolf Blitz	(5:30) Live From the Presidents Cup (Live)	Inside PGA	The Approach	Live From the Presidents Cup (N)	The Ultimate Fighter (HDTV)	Sportsnet Con.	
	54	54	54	GOLF	Connected W-Prime Time	Air Racing	Cabby Unlimit	Score Today	Over the Bolts	MMA Conn	X-Fighters	
	52	52	52	RSE	Morency	Unique Whips	Pimp My Ride	Pass Time	FullTiltPoker.net Million	Super Bikes!	Super Bikes!	Jacked!
	45	45	45	SPD	Off the Record	SportsCentre	NHL Hockey Ottawa Senators at Toronto Maple Leafs. (HDTV) (Live)	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	53	53	53	TSN	Off the Record	SportsCentre	NHL Hockey Ottawa Senators at Toronto Maple Leafs. (HDTV) (Live)	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
family	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Franklin	Little Bear	Maggie-Beast	Babar
	44	44	44	TOON	Johnny Two	Johnny Test	Scooby-Doo	Total Drama	Waybuloo	Franklin	Little Bear	Maggie-Beast
	26	26	26	TREE	Wonder Pets	3rd and Bird	Backyardigans	Night Grdn	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz
	27	27	27	ITV	iCarly	iCarly	Drake & Josh	Prank Patrol	The First 48 (HDTV)	Cashing In	Rabbit Fall	Parking Wars
	16	16	16	A&E	CSI: Miami "The Oath"	Criminal Minds (HDTV)	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Parking Wars	Parking Wars
	70	70	70	APTN	APTN National News (N)	106 & Park: BET's Top 10 Live	The Daily Fix	The Daily Fix	Diary of a Mad Black Woman ** (2005, Comedy-Drama)	Kimberly Elise.	The Game	
	50	50	50	BET	Wind at My Back	Montreal Jazz Festival	Live at the Rehearsal Hall	Reba	Reba	According-Jim	According-Jim	Home Improve.
	37	37	37	BRVO	Star Crossed	Project Mom	Air Force	22 Minutes	Comer Gas	Name Is Earl	The Simpsons	South Park
	25	25	25	CMT	Just for Laughs	The Investigators	The Investigators	Cops Uncut	Dumb Criminal	Getting a Ticket in America	Investigations	Investigations
	49	49	49	COM	Killer Next Door	Daily Planet (N)	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Destroyed	Amer. Loggers
cable variety	153	153	153	COURT	Destroyed	Destroyed	House Hunters	Property Virgin	How It's Made	Pure Design	Genevieve	House Hunters
	38	38	38	DISC	Extreme Makeover: Home	Ultimate Engineering	One Tree Hill	Antic Discoveries	Cities of the Underworld	Starmaker	Wild 'n Out	Wild 'n Out
	46	46	46	HIST	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
	17	17	17	MM	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
	19	19	19	MMM	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
	201	201	201	M1	Mr. Woodcock	(7:45) Milk *** (2008, Biography)	Sean Penn, Emile Hirsch	Bounty Hunter	Bounty Hunter	Survivorman	Survivorman	Survivorman
	48	48	48	OLN	Mantrucker	Ghost Hunters	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU	Law & Order: SVU
	51	51	51	PEACH	The Office	(Name Is Earl)	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU	Law & Order: SVU
	206	206	206	PIX	Hatley High *** (2003, Comedy)	The Big Star *** (1990, Comedy)	Grands reportages (SC)	A Sister's Secret (2009, Suspense)	Alexandra Paul.	Swingers *** (1996, Comedy)	Le Téléjournal (SC)	Le Téléjournal (SC)
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
cable variety	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
	40	40	40	SLICE	Skin Deep	Skin Deep	Rick Bride, Poor Bride	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
	47	47	47	SPACE	Stargate SG-1	Stargate SG-1	Stargate Atlantis (DVS)	UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	The Ellen DeGeneres Show (N)	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	The View (HDTV) (N)	The View (HDTV) (N)
	57	57	57	STAR	etalk	TMZ (N)	Look-A-Like	TMZ	Cake Boss	Cake Boss	20 Years, 20 Duggars	20 Years, 20 Duggars
	21	21	21	TLC	Say Yes-Dress	Say Yes-Dress	Ultimate Cake Off	The Outer Limits	The Outer Limits	ET Canada	Switch	Switch
	34	34	34	TROP	Prod. Parker	Prod. Parker	70s Show	70s Show	Pékin express	Bless-Father	Dinnerladies	Quantum Leap
	20	20	20	TV5	Que-champion	Journal de Fr2	Zoom animal	Murder, She Wrote	Missing "Pilot"	The Closer	The Closer	The Closer
	28	28	28	V	Mysterious Ways	Da Vinci's Inquest	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury
	97	97	97	VIVA	House-Sell	Style by Jury	WGN Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)	Melrose Place "Canon"	Melrose Place "Canon"
cable variety	22	22	22	W	House-Sell	Style by Jury	WGN Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)	Melrose Place "Canon"	Melrose Place "Canon"
	251	251	251	WGN	WGN Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)	Melrose Place "Canon"	Melrose Place "Canon"	Melrose Place "Canon"	Melrose Place "Canon"


critics' corner

Being Erica
Flakiness is in the eye of the beholder — or perhaps in the eye of the flaky one. Erica (Erin Karpluk) makes a bad impression on Judith (Vinessa Antoine) when she baby-sits Max for the first time and can't seem to meet Judith's expectations for following directions. Hurt, she time-travels back to her college days to prove that she's not the scatterbrain Judith thinks she is in the new episode "Mamma Mia." 9 PM on CBC



How to Look Good Naked
Naked? Gok! No, not "gok." Gok Wan is a fashion consultant and the host of this series, which starts a new season tonight. In each episode, he helps a woman unhappy with her body learn to love it — not by making radical changes via diet or surgery but by getting comfortable with the skin she's in, regardless of weight, gravity and other factors that have so many women comparing themselves to younger, prettier models ... and losing. 11 PM on W

the forgotten
Football may be dangerous, but it's seldom deadly. In this new episode, however, a man is found beaten to death on the street, and investigating his identity and his murder leads Alex (Christian Slater) and his team into the world of pro football. Heather Stephens, Anthony Carigan and Rochelle Aytes also star. 11:01 PM on ABC



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Kim racks up frequent flyer miles

Kim Kardashian cheered for her on-again beau Reggie Bush at Sunday's New Orleans Saints game. The reality star, 28, flew to New Orleans early Sunday morning for the second time since Khloe Kardashian's Sept. 27 wedding, usmagazine.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Is Rimes going all Single White Female?

POTENTIALLY CREEPY Brandi Glanville says her estranged husband's girlfriend LeAnn Rimes is a little too close for comfort, usmagazine.com reports.

"I have a new neighbour and her name is LeAnn Rimes. She's moved in a half a

mile from my house and a block from my son's school. So she is completely space invading me at the moment, so things are not cool," Glanville, 36, said.

Us Weekly first reported Eddie Cibrian, 36, was having an affair with Rimes, 27, his Life-

time movie costar.

Cibrian filed for divorce in August, the same month Rimes and husband Dean Sheremet announced their separation. Glanville says her run-ins with Rimes in Calabasas, Calif. are "not pleasant."

"There is a point where she needs to have a sensitive side and back the F up," she says.

Glanville says she even spotted Rimes in front of her six-year-old son Mason's school as she picked him up.

"Honestly, she's Single White Female-ing me. She wants my life," Glanville goes on.

"She wants my kids. She wants my husband."

band. She can have most of everything but just not my children or my family."

Glanville — who is also mom to two-year-old son Jake with Cibrian — says her kids "have no idea" that her parents are feuding. The kids are "used to daddy being gone for work, so it's not a huge transition," she explains.

Despite no hope of an amicable divorce, as she says, she tries to maintain the peace with Cibrian in front of their children.

"We definitely save face to the kids, absolutely," she says. "They're the most important thing in both of our lives."

METRO NEWS SERVICES

Airing DJ AM show a difficult, profound decision for family

IN PASSING Even in death, DJ AM, whose real name was Adam Goldstein, will be fighting hard to save others from the perils of drug dependence, people.com reports.

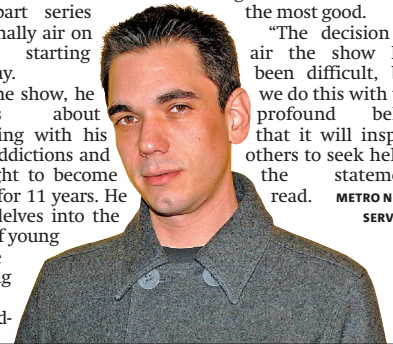
The celebrated deejay, who died of an accidental drug overdose in August at age 36, shot an MTV series called *Gone Too Far* just before his death. The eight-part series will finally air on MTV starting Monday.

In the show, he speaks about wrestling with his own addictions and his fight to become sober for 11 years. He then delves into the lives of young people battling their own ad-

dictions, demonstrating how substance abuse devastates families and friendships. He also tries to help the addicts find the road to recovery.

In a statement posted on MTV.com, Goldstein's family said they pondered long and hard about whether to allow the series to air, but ultimately decided releasing the videos would do the most good.

"The decision to air the show has been difficult, but we do this with the profound belief that it will inspire others to seek help," the statement read. **METRO NEWS SERVICES**



Protection funny concept for Levi

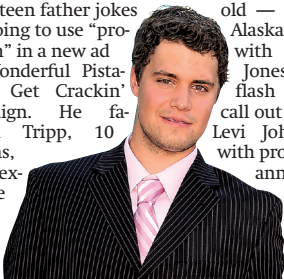
ANYTHING FOR A LAUGH Levi Johnston has learned his lesson, usmagazine.com reports.

The teen father jokes he's going to use "protection" in a new ad for Wonderful Pistachios' Get Crackin' campaign. He fathered Tripp, 10 months, with ex-fiancée Bristol Palin — the

daughter of former Republican vice presidential candidate Sarah Palin.

In the ad, the 19-year-old — clad in a green Alaska T-shirt — walks with publicist Tank Jones as cameras flash and paparazzi call out his name. "Now Levi Johnston does it with protection," says an announcer as Johnston pops a nut in his mouth.

METRO NEWS SERVICES



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Curvy Hudson not preggers

NO BABY Kate Hudson laughed off reports she is expecting a baby with baseball boyfriend Alex Rodriguez, female first.co.uk reports.

Hudson sparked rumours she is pregnant this week, when she was seen looking curvier than usual. But her representative has shot down claims she is expecting again,

telling website GossipCop, "She is not pregnant."

METRO NEWS SERVICES



Celebrity tweets

John Cleese is polling the public about his living situation, **De-mi Lovato** tries to wear herself out, **Miley Cyrus** is up-to-date on the hot movie news from 12 years ago, and **Tila Tequila** knows something about God's plan the rest of us don't.

• **@JohnCleese** ...another one tonight. I'm still deciding whether to kill myself on my birthday, and might take a vote on it (no press allowed)...

• **@ddlovato** Can't sleep... so I'm doing crunches and pushups till I'm tired again. Blah.. who gets up in the middle of the night to workout?!

• **@miley Cyrus** Titanic is a trending topic. As it very well should be. That movie is PURE GENIUS. Plus I'm just saying Leo is scrumptious!

• **@officialTila** I totally give up on trying to save the human race. They are not worth saving anymore. I agree with God. No wonder he wants da world 2 end.

Katy Perry getting lucky in love

SHE KISSED A BOY It looks like Katy Perry may be becoming more than just friends with Russell Brand. The singer was spotted looking disheveled and camera-shy leaving Brand's London home one morning recently, according to Sky Showbiz.

And the pair were both recently in Thailand, where Perry hinted that she was spending time with the comedian. "Been schooled on Morrissey, Oscar Wilde and Peter Sellers," she posted on Twitter, name-checking three of Brand's idols.

METRO NEWS SERVICES



Kate: Show Jon the money

MORE HATE The Gosselins continued their messy break-up in the media yesterday — with Kate fighting back the waterworks while claiming she can't afford to pay her bills, TMZ.com reports.

Kate came out swinging on Today yesterday morning, slamming Jon for clearing \$230,000 US out of the couple's joint bank account: "You've left your children and their mother unable to pay for the roof over their head. It's unacceptable."

able."

Jon says he didn't leave estranged wife Kate high and dry by emptying cash from a shared account. "I've never taken any money out because over 10 years, Kate handled all the banking," he says on an

episode of *The Insider* on Monday night.

"Over the past four years of doing the show, we accrued \$2,250,000. She says in the past week I took \$230,000," he says. In fact, Kate said on the Today show that he'd taken the money out between Aug. 10 and Sept. 29.

Jon says Kate's claims are "a total fabrication." Says Jon: "She's hiding money. We have 11 bank accounts.

That was just our joint account. She had a best-selling book. Where's that million dollars?" **METRO NEWS SERVICES**



Kevin Smith wants kids to smoke weed

JUST SAY YES Kevin Smith says he has become an eager advocate for marijuana ever since Seth Rogen convinced him last summer to smoke it more often, the director admits to the New York Post.

"I know you're supposed to tell kids not to do drugs,

but, kids, do it! Do weed! Don't do the other stuff, but weed is good," Smith says. "What you want to do is what I did, build a movie empire and, at age 38, smoke it all away."

METRO NEWS SERVICES



Mom won't let Elton John adopt kid

CAN'T BE BOUGHT Elton John now faces yet another obstacle in his quest to adopt Lev, a Ukrainian baby he met at an orphanage and fell in love with: The baby's mother.

"I will not give my baby to Elton John for any money," the woman, Marina, tells the Sun.

Marina had both her children taken away by social workers because of her alcoholism, but she is now vowing to change her ways. "I'm going to overcome my problems. I so much want my babies back," she says.

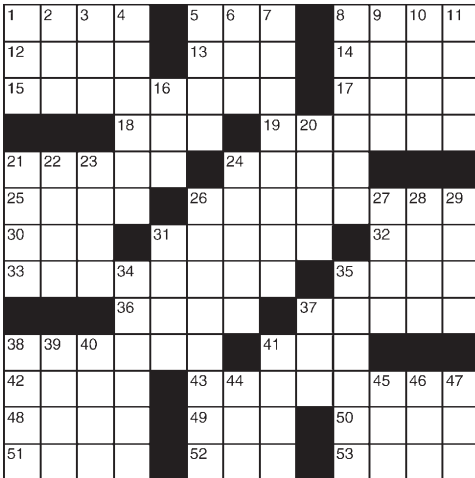
METRO NEWS SERVICES





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Easter entree
5 Help
8 Related (to)
12 Hodgepodge
13 Lanka preceder
14 Obey reveille
15 Inexperienced boxers
17 Unfreeze
18 Possesses
19 Barrel parts
21 Haunt
24 Burden
25 Poi base
26 Easy to perceive
30 Eco-friendly org.
31 Breathing
32 Squabble
33 Ease
35 Rescue
36 Pseudo-cultured
37 Tribe leader
38 "Give a hoot, don't pollute" owl
41 Calendar abbr.

42 Eager
43 Discussions
48 Sandwich shop
49 Handle
50 Send forth
51 Gaelic
52 Hot tub
53 Red gem

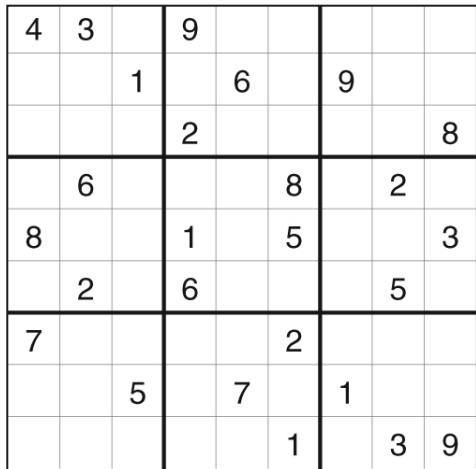
DOWN

1 Prune
2 Carte lead-in
3 Wire measure
4 Sobbing sound
5 Requests
6 Savings plan acronym
7 Liquefy
8 Fleet
9 Chicken —
10 Wight, e.g.
11 Volleyball barriers
16 Erstwhile acorn
20 Recording
21 Minimal progress
22 Hemingway nickname
23 Exam format
24 Nonclergy
26 Odd-looking animal
27 Actor Pitt
28 Cupid's field
29 Ornamental jug
31 Ostentatious display
34 Young Scot
35 Thin piece broken off
37 Historic time
38 Test the waters
39 Finished
40 Masseur's stock
41 Dog bane
44 Cleo's slayer
45 Ostrich's cousin
46 Eve, originally
47 Pigpen

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Pepper-crusted Pork Tenderloin

INGREDIENTS:

2 pork tenderloins (3/4 lb/375 g each)
3 tbsp (45 ml) Dijon mustard
1 tbsp (15 ml) 1% buttermilk
2 tsp (10 ml) minced fresh thyme
1 to 2 tsp (10 ml) coarsely ground pepper
1/4 tsp (1 ml) salt
2/3 cup (150 ml) soft bread crumbs

METHOD:

1. Place tenderloins side by side and tie together with kitchen string. In small bowl, combine mus-

tard, buttermilk, thyme, pepper and salt; spread over surface of meat. Press crumbs onto meat.
2. Place on rack in shallow roasting pan. Cover and bake at 425 F (220 C) 15 minutes. Uncover; bake 35-40 minutes longer or until meat thermometer reads 160 F (71 C). Let stand 10 minutes. Remove string before slicing.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
What happens today may look like a setback but only because you are standing too close and cannot see the bigger picture.



TAURUS
APRIL 21-MAY 21
You seem to be going round in circles and it's making your head spin. Put your plans on hold for a while, sit back and watch the world go by.



LIBRA
SEPT 23-OCT 23
Your timing is a bit off at the moment, but there is no need to worry because you'll make up for it when Mercury joins the Sun in your sign.



SCORPIO
OCT 24-NOV 22
Take time out of your busy schedule to analyze what you are doing and why you are doing it.



GEMINI
MAY 22-JUNE 21
With the Sun moving in your favor this is one of the best times of the year for satisfying your romantic desires and creative ambitions.



SAGITTARIUS
NOV 23-DEC 21
The Sun in Libra makes you more idealistic than usual and that's good because other aspects suggest you are getting bored with your everyday routine.



CANCER
JUNE 22-JULY 22
You may be tempted to start telling those around you what they should do and how they should do it, but think again.



CAPRICORN
DEC 22-JAN 20
Speak and act as if all eyes are on you today, because someone you don't realize is important is in fact watching you closely.



LEO
JULY 23-AUG 23
There may be a great deal to do and only a limited amount of time in which to do it but you will accomplish more in the long-term if you slow down.



AQUARIUS
JAN 21-FEB 18
With the Sun transiting the sympathetic sign of Libra at the moment there is precious little that you cannot do.



VIRGO
AUG 24-SEPT 22
Your money situation may not be as healthy or as bad as you might think, so resist the urge to make far-reaching decisions about what you own.



PISCES
FEB 19-MARCH 20
You will prove your critics wrong and show that you can think and act under pressure. But don't spend all your time and energy doing things just to impress.



TAKE A BREAK FROM WORK

Visit metronews.ca to watch **metrotube** of the day

This day in history

OCT. 6, 1966: LSD is declared illegal in the United States.
OCT. 6, 1973: Egypt launches a coordinated attack against Israel to reclaim land lost in the Six Day War. The Ramadan War Yom Kippur War starts at 2:05 pm that day.
OCT. 6, 1979: Pope John Paul II becomes the first pontiff to visit the White House.
OCT. 6, 1995: 51 Pegasi is discovered to be the first major star apart from the Sun to have a planet (and extrasolar planet) orbiting around it.
OCT. 6, 2000: Yugoslav president Slobodan Milošević resigns.
OCT. 6, 2000: Argentine vice president Carlos Álvarez resigns.

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(including service charges): \$265

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Occidental Grand
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Jan. 9 • 1 wk.

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Taxes & other fees
(including service charges): \$265

Samana via Toronto
Gran Bahia
Principe El Portillo • 4 1/2 ★
All-Inclusive • Standard rm.
Oct. 11, 18 & 25 • 1 wk.

\$699

Taxes & other fees
(including service charges): \$323

Jamaica via Toronto
Gran Bahia Principe
Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Nov. 2-5, 9-12 & 17-30 • 1 wk.

\$1129

Taxes & other fees
(including service charges): \$278
Please add \$50 for Sat. & Sun. departures

Liberia, Costa Rica via Toronto
Occidental
Grand Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
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\$1239

Taxes & other fees
(including service charges): \$214

Holguin via Toronto
Playa Costa Verde • 4 ★
All-Inclusive • Standard rm.
Oct. 17 & 24 • 1 wk.

\$689

Taxes & other fees
(including service charges): \$213

Los Cabos via Toronto
Barceló Los Cabos
Palace Deluxe • 5 ★
All-Inclusive • Junior suite
Jan. 9-30 • 1 wk.

\$1229

Taxes & other fees
(including service charges): \$287

Grenada via Toronto
Grenadian by
rex resorts • 3 1/2 ★
All-Inclusive • Hillside rm.
Jan. 3, 10, 17 & 24 • 1 wk.

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Taxes & other fees
(including service charges): \$248

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